



# ENERJOY

Health/Fitness Programs Inc.



6 Ridge Lane, Falmouth, Maine 04105

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*Liz Bradford, shown right, is the owner of ENERJOY and an ACE Certified Personal Trainer and Fitness Instructor.*



### **EXPERIENCE ENERJOY**

Are you looking for a compassionate and experienced fitness professional to help you reach your goals and improve your life? Liz Bradford of ENERJOY Studio in Falmouth has been motivating people to get fit for more than 25 years. She has a unique approach to health and wellness based on rewarding your body, not punishing it. Her vast experience with people of all ages and fitness levels makes her one of the most qualified and versatile trainers in the state of Maine.

By training with Liz at the ENERJOY Studio or in your own home, you will enhance your life with an overall feeling of well-being. Some benefits of developing a healthier lifestyle include:

- Reduced Stress
- Happier Attitude
- Increased Energy
- Weight Loss
- More Productivity
- Improved Posture
- Increased Strength

### **ENERJOY STUDIO CLASSES & PERSONAL TRAINING**

The ENERJOY fitness studio is located in a restored barn, adjacent to the Bradford home in West Falmouth. Liz offers specialized individual, semi-private and small group exercise instruction both days and evenings. At ENERJOY studio you can work hard and take time to relax, rejuvenate and maintain a healthy lifestyle.

The ENERJOY STUDIO is equipped with:

- Landice™ Treadmill
- Recumbent Bike
- Aerobic STEPS™
- Bosu Balance Trainers
- Jump Ropes
- Block™ Free Weights
- Resistance Tubing
- Medicine & Stability Balls
- Parabody™ Weight Equipment
- Heart Rate Monitors
- Air Conditioning
- Surround Sound Stereo

**YOGA-LATES, STEP-PILATES & CIRCUIT STRENGTH TRAINING** are just some of the distinctive classes Liz has created based on current fitness trends. They are unique fusion workouts developed to achieve more extensive results.

Guided outdoor activities such as snowshoeing, running, biking, cross country skiing and hill training are also encouraged around the property.

Enjoy regularly scheduled group classes or work with Liz to develop a customized workout for your own small group. Visit [enerjoyhealth.com](http://enerjoyhealth.com) for class schedules and rates.

### **COMMUNITY CLASSES**

Liz has developed a series of classes for adults and youths suitable for Community Recreation Programs. These classes are geared toward larger groups and are offered off-site at a location in the community.

### **FITNESS IN THE WORKPLACE**

Make an investment in the good health of your staff. Liz is currently working with businesses - large and small - to create a workplace that encourages good health and fitness. Whether it is a one-day seminar or an ongoing program, Liz can teach and motivate the people who make your business healthy every day.

*Below, Liz leads a small group class in the charming atmosphere of ENERJOY's Fitness Studio.*



## *PERSONAL TRAINING*

*One-to-one training designed to evaluate your health, set personal goals and develop an effective plan to reach them.*

Healthy Lifestyle Assessment – \$120 for 2 hours  
Core Essentials – \$175 for 3 hours (You Save \$5)  
Home Essentials – \$285 for 5 hours (You Save \$15)  
Jump Start – \$450 for 8 hours (You Save \$30)  
Get Serious – \$660 for 12 hours (One Session Free)  
By the Hour – \$60 for each one-hour session

## *SMALL GROUP TRAINING*

*Evaluate your health, set personal goals and develop a fitness plan with a small group of your family or friends.*

Partner Training (2 people)	\$35 each for 1 hour \$50 each for 1.5 hours
Small Group (3 people)	\$30 each for 1 hour \$40 each for 1.5 hours
Small Group (4-6 people)	\$20 each for 1 hour \$75 each, 4 sessions/month \$140 each, 8 sessions/month

## *STUDIO CLASSES*

\$20 per class (4 min/6 max participants)  
\$75 for 4 classes per month (save \$5)  
\$140 for 8 classes per month (1 class FREE)  
\$200 for 12 classes per month (2 classes FREE)

## *COMMUNITY & CORPORATE PROGRAMS*

- Walking Programs
- Exercise Classes
- Games for Kids
- Senior Programs
- Health Assessments
- Blood Pressure Programs

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